

FORMER IRMA RESIDENT PASSES

Mrs. J. N. C. Seton, a former resident of Irma, passed away in Vancouver, B.C., on Monday, Mar. 15, after a few months illness. Her husband predeceased her fourteen years ago. She leaves to mourn her untimely passing a son, Serg. A. C. Seton, with the Canadian Army overseas, Mrs. A. C. Seton and son, Robert, of Vancouver, and her niece, Mrs. Oliver Thomas of Reno, Nev., U.S.A.

Agnes McConnochie was born in Sale, England, came to Canada in 1911, was married to J. Nigel C. Seton at Lac St. Anne, Alta., in 1913. They came to Irma in 1918 where they farmed until Mr. Seton's death in 1929.

Mr. and Mrs. Seton made a host of friends in Irma and district, who were shocked to hear of Mrs. Seton's severe illness and passing at the age of 82 years. Her niece, Mrs. Thomas, accompanied the remains to Irma, where burial was made in the family plot. The service was conducted from the Irma United Church by Rev. Canon A. M. Trindell of All Saints' Cathedral, Edmonton, a friend of the family of long standing.

The pall bearers were Messrs. R. C. McFarland, T. Sanders, Pryce Jones, R. Askin, F. Hill and R. L. Eaton of Holden.

Beautiful floral tributes were received from: Charles, Margaret, Norma and Oliver; Vera and Roy White, Vancouver; Matheson family; Irene and Joe Hardy, Edmonton; Mr. and Mrs. R. L. Eaton, Holden; Mrs. Watkinson; Mr. and Mrs. J. Fletcher; Mr. and Mrs. M. Enger; Mr. and Mrs. H. Halvorsen; Mr. and Mrs. J. Fenton; Mrs. Geo. Knowles and family; Eldon, Isabel and girls; Mr. and Mrs. Pryce Jones; Mrs. B. Hewitt, Mr. and Mrs. Roy Askin; the Sanders family, all of Irma.

Red Cross Notes

Three large boxes of work were packed in the Red Cross work room for shipment to headquarters, and from there to needy families and service men overseas. Among other things were 98 pairs of socks, 7 scarves, 7 sweaters, besides sheets, pillow cases, little girls' skirt and sweater sets, and a donation of children's clothing from the Sharon Ladies Aid, for which the board say sincere thanks.

This represents a lot of knitting and work hours all done since the first of the year, and if you want to see a sample of the lovely work done by our busy ladies just pause to look at the display in a window of the Irma Hardware.

Orders have come from headquarters that they are over-stocked with service socks for men, so, please, knitters, we are not to do any more at present. There is, however, a real need for sweaters of all kinds, especially pullover high neck styles for men and women, roll neck tuck-ins, helmets, and gloves. Also all the wool comforters we can make, large and small.

The sewing class is going back to the Legion hall for sewing every Tuesday, so here's a hearty welcome to the ladies to come armed with needle, thimble and scissors. We have a good supply of gray flannel and wool batts on hand, and Edmonton head ladies say: "It's a real pleasure to open a box from Irma. They make the grandest wool comforters in this part of the province." How about it, ladies.

ATTENTION FARMERS

Listen to the Farmers' Union broadcasts every Tuesday evening over CFRN, Edmonton, at 8:15, and every Wednesday evening over CFRN, Calgary, at 8:30. Cut this out for reference.

Albert District News

A very jolly evening was spent at Albert school on March 16, when the neighbors gathered at a party in honor of Lance-Bombardier Harley Barsa who was home on leave. After having spent such a quiet winter, everyone seemed to be in the mood for enjoyment and games and dancing were the order of the evening. In spite of rationing restrictions the ladies managed to provide a delicious lunch. During the evening Mr. R. C. Johnson presented L.B. Barsa with a sum of money as a parting gift from his many friends at Albert, and with best wishes for his safe return in the not too distant future.

Bingo and Dance

The Irma Victory Cigarette Club are sponsoring a Bingo and Dance in Keifer's hall on Wednesday, March 31. Bingo will start at 8:30 p.m. A special prize of a war savings certificate will be given for a full card bingo. There will be good music and lunch will be served. Admission to dance, gents 35c, ladies 25c.

Come and have a good time, and in so doing you are helping to send smokes to our boys overseas. We have heard from all the boys who received cigarettes and their thanks and appreciation go to everyone who has been kind enough to help the club in sending them in the past.

The last hockey game of the season was played on Thursday evening, March 18, when the Wainwright team visited Irma. The game was a fairly good one until part way through the third period when a free-for-all started which ended the game. The score at the finish was 2-0 in favor of Irma.

SCHOOL DIVISION APPOINTS NEW SECRETARY

Minutes of meeting of the board of trustees of the Wainwright school division, No. 52, held at the office of the secretary, Wainwright, Alta., March 5, 1943.

Trustees present—H. E. Spencer, J. C. McLean, T. Sanders, F. E. Dixon and M. J. Nicholson.

The attached waiver of notice of this meeting was signed by the trustees.

The meeting was called to order at 10:00 a.m.

Moved by Mr. Nicholson that the minutes of January 22 meeting be adopted as submitted. Cd.

Moved by Mr. Nicholson that the building permit application for Ribstone S.D. be completed and forwarded to the proper authority at Ottawa. Cd.

Moved by Mr. Sanders that Mr. A. Harding of Melbrae S.D. be asked to communicate his grievances to the local board with a request that the local board write us regarding the matter. Cd.

Moved by Mr. Dixon that the request of Plaxtol S.D. for a special levy of one mill on that district be approved. Cd.

Moved by Mr. Spencer that we reply to the letter from Browning S.D. explaining that the divisional board has found school wells to be very unsatisfactory and therefore it is against the policy of the board to drill wells where water is available from other sources. Cd.

Moved by Mr. McLean that the request of Ross S.D. for a special levy to cover the cost of a piano and inoculations be complied with. Cd.

Moved by Mr. McLean that the 1943 budget, attached, be adopted, and that Mr. Spencer and Mr. Dixon be a delegation to put the divisional board's views in regard to the mill rate before the council of the municipal district of Wainwright. Cd.

Moved by Mr. Dixon that Mr. Spencer's report of the A.S.T.A. meeting with the Premier be adopted. Cd.

Moved by Mr. Sanders that accounts payable statement No. 4 in the amount of \$415.68 be approved for payment and the statement recorded in the minutes. Cd.

The bargaining committee of the Wainwright local A.T.A. met with the board to continue the negotiations regarding a salary schedule to come into effect September 1943. It was decided to continue the discussion at the next meeting of the board to be held March 19.

Moved by Mr. Sanders that list of additional accounts No. 4A in the amount of \$908.46 be approved for payment and the list recorded in the minutes. Cd.

Moved by Mr. Nicholson that the meeting adjourn. Cd.

FIVE IN SERVICE

As their son Clem Wyand leaves this morning for an undesignated navy training station, Mr. and Mrs. Hedley Wyand of 208 Main, have a total of five stars on their service flag, which, so far as is known is the largest number from a single family in Santa Paula. Clem Wyand was seventeen the first of this month and said he had been waiting six months for his birthday.

Already serving in the navy are his brothers Neil, 21, who is a third class aviation machinist's mate somewhere with the fleet, and Norman, 22, a third class radio man at Imperial Beach. Frank, 24, is a private in the army, believed to be in the Solomon's. Another brother, Donald, 19, is in the naval reserve, waiting to be called by the air corps. He is now a student at San Jose State College.

All of the boys were graduated from Santa Paula high school with the exception of Clem, who was a junior at the time of his enlistment. The Wyands have another son who is thirteen.—Santa Paula Chronicle.

Mr. Hedley Wyand, the father of these boys, is a brother of Mrs. Victor Hutchinson of Irma. The above record is hard to beat.

W.I. MEETING

The April meeting will be held Thursday, April 1, at the home of Mrs. Longmire. Roll call to be answered with a garden hint. Hostesses, Mrs. Barber and Mrs. R. Larson.

Kinsella

A very successful Red Cross tea was held at Kinsella on Saturday, March 20. Mrs. Walden of the Kinsella hotel lent the Red Cross the use of the cafe and quite a number came and had tea, and two or three donations were handed in. The sum raised amounted to \$39 which will help the Red Cross drive considerably.

Mrs. Gordon Beeton and her baby daughter, Shisley, arrived home from Viking hospital on Friday.

George Witts was home from Edmonton for the week-end. Miss Sadie Millar came home from Edmonton on Saturday. She has been spending a week with her people.

The folks of Kinsella are all glad to see Albert Squibb back amongst us again. Mrs. Jack McKie spent the week-end with Mr. and Mrs. Clifford Lancaster.

Mrs. Roy Granger returned home from Edmonton.

Ron Carpenter was home with his folks for the week-end.

Charlie Irwin returned home from the hospital last Thursday.

Quite a few Kinsella folks enjoyed the St. Patrick's dance at Irma and Viking last Wednesday. Mr. and Mrs. Hank Austin left on Monday for a stay in the city.

Mr. Crouse also left for the city on Monday.

News of Our Boys

LAC. Aron Friesen, brother of Mr. Geo. Baergen, was home on leave last week before going to another station for further air gunner training.

P.O. Olaf P. Larson, former high school teacher here, visited his mother, Mrs. M. O. Larson, and brother and others in the Irma district the first of this week.

Cpl. Clarence Carter, RCAF, arrived in Britain safe and well last Friday according to a cablegram received on Thursday by Mrs. Carter.

Pte. James Stead was home on leave this week.

Money does not always bring happiness, says a local philosopher. A man with \$10,000,000 is no happier than a man with \$9,000,000.



UNITED CHURCH

Irma—Sunday school, 11 a.m.
Public worship 7:30 p.m.

A hearty invitation to all.

Christian and Missionary Alliance
Irma Tabernacle—Sunday, 3:30 p.m., gospel service.

A hearty welcome to all.

ST. MARY'S ANGLICAN
Regular afternoon service, on Sunday, April 4, at 2:30 p.m.

The Anglican W.A. held a very successful tea, sale of aprons and Jr. W.A. Novelty Table on Saturday. They are very grateful for the hearty response that made this affair so successful.

EYES TESTED.

GLASSES FITTED

Thos. G. Dark, eyeglass consultant and registered optometrist, will be at:

IRMA Drug Store—Wed., March 31, 1 to 3 p.m.

KINSELLA—Wed., March 31, 3:30 to 4 p.m.

VIKING Drug Store—Wed., March 31, 4:30 to 9:30 p.m.

Spring Cleaning

When you think of spring cleaning you will be thinking of Alastint. Alastint will bring the best results. It is a powerful germicide and disinfectant. It is a superior stain, quick drying and durable.

ALASTINT

This is a washable kalsomine, none better on the market, will give you excellent results. \$1.00 per 5 lb. package, why pay more? Also Alabastine.

Get any of the above from

V. Hutchinson

Phone 25

Irma



WAR WHOOP

1943 MODEL

YOU HEAR IT at all hours... that long-drawn cry of the locomotive whistle. It's the war whoop of the railways.

It may be a troop train speeding to keep a date with a convoy... it may be a long freight loaded with tanks, guns and other materials of war... many of them built by the railways themselves... it may be another week's supply of raw materials to keep a war plant in production, or food, fuel and other essentials for the home front.

It is the proud war whoop of Canada's greatest war industry—the railways, which are serving the nation as effectively in war as in peace. Only the railways can furnish mass transportation on such a scale.

Your railways were ready... ready in war, so that Canada could strike with all her might. They will be ready in peace again to serve a greater Canada... rolling ever forward on highways of steel.

IF POSSIBLE
AVOID TRAVEL
OVER WEEK-ENDS
AND HOLIDAYS

CANADIAN RAILWAY FREIGHT RATES ARE THE LOWEST IN THE WORLD

CANADIAN NATIONAL



CANADIAN PACIFIC

Carrying the load in War and Peace

RENEWAL OF UNEMPLOYMENT INSURANCE BOOKS

To all Employers:

The 1942-43 Unemployment Insurance
Books expire on March 31st.

New Insurance Books for the fiscal year 1943-44 will be exchanged by the Local Employment and Selective Service Office in your area for expired Insurance Books.

Do not send in your Insurance Books without completing forms enclosed with circular letter 425.

If you have not received this circular letter, get in touch with your nearest Employment and Selective Service Office.

Where it is necessary to quote the Employee's Insurance Number, use the number with the prefix letter shown on the front cover of the book: example P-49247, E-22454. Do not quote the book serial number printed on the inside pages of the book.

Protect the benefit rights of your employees by following closely the procedure outlined in the circular letter, and prevent delays by acting now.

UNEMPLOYMENT INSURANCE COMMISSION

HON. HUMPHREY MITCHELL
Minister of Labour

Commissioners:
LOUIS TROTTER
R. J. TALLON
ALLAN M. MITCHELL

Canada's Lend-Lease Plan

IN 1943 CANADA WILL MAKE available to the United Nations \$1,000,000,000 in war supplies, on a lend-lease basis, and the announcement of this plan has been received with pride and gratification by the people of Canada. Last year, the same amount of money was sent to Britain as a gift, and the British government used it to send war supplies to the many fighting fronts both of the Empire and of our Allies. Under the 1943 arrangement, Canada will deal directly with the governments of the Allied nations, and will in this respect assume her part as a full partner in the United Nations. When the war broke out, production of munitions and supplies in Canada was very small, and it is a remarkable achievement that in three years we have been able to develop the capacity to produce almost any of the war supplies needed by ourselves and our Allies.

Foreign Press Approves Plan

It is likely that as a result of the 1943 Lend-Lease scheme, Canada will be supplying war materials to Russia, China and many parts of the British Empire. The press in other countries has been enthusiastic about the scheme, and one London paper said, "This is only the first step in the road, she (Canada) has had her heart and back in the war since the beginning." In Australia and New Zealand, too, the plan has been praised, and in Australia it was observed that the sum involved represented more than half of that country's war budget last year. In Russia and China, approval of the scheme was also expressed, and it is expected that as a result of the measure, the flow of supplies from Canada to all these countries will be accelerated. Because this plan in many ways resembles the Lend-Lease Act in the United States, the two nations will collaborate to avoid duplication in their work.

Raw Materials, Food, Included

Attention has been drawn to the fact that not all war materials exported from Canada will come under the Lend-Lease plan. Those countries which have Canadian dollars with which to pay for their purchases will do so. "It is only the excess, for which they cannot pay which will be dealt with on the lend-lease basis," Hon. J. L. Halsey, Minister of Finance, has pointed out. Neither does the plan include only armaments and military equipment. It covers, in addition, food and raw materials which are essential to the prosecution of the war. Munition workers, farmers, and all those who are engaged in production in Canada today, may feel justly proud of the part they have played in bringing this nation of only eleven million people to the level in production at which she can supply not only her own needs, but can extend appreciable aid to the other nations who are fighting with us in the cause of freedom.



HEALTH LEAGUE OF CANADA
VEGETABLES FOR VICTORY!

The subject of Victory Gardens may seem to be a far cry from that of nutrition, yet the two are actually very closely related. In order to have the maximum amount of pep and energy to do our wartime jobs it is "vital" that we have an abundant supply of vitamins in our daily diet. Crisp, fresh green and yellow vegetables will supply us with much of our needs this coming summer. What fresher vegetables could you eat than those grown in your own garden?

Not only that, but we learn on good authority that because of war conditions contributing to a lack of manpower, there is a possibility that there will be a shortage in certain lines of commercially grown vegetables this year. You can help overcome this difficulty by making the most of the grass behind the house useful for a change. Plant your own vegetables and have the pleasure of watching them grow to maturity. Compete with the man-next-door in growing the biggest cabbages and beets, etcetera. You will find that amateur gardening will become a thrilling hobby which will bring in a rich harvest of knowledge as well as vitamin-packed vegetables for your table.

By growing your own Victory Garden you will not only have fresh vegetables available all summer, but you will also contribute to the saving of commercially grown vegetables for the canning factories. Thereby you will be definitely aiding in the national war effort and you will feel that you are doing something positive towards Victory.

So start planning now for that Victory vegetable garden. Beans, beets, cabbage, carrots, peas, corn, lettuce, tomatoes, potatoes, and many other vegetables can be grown in the average back garden. It will take energy and hardwork, we admit, but it's worth the trouble! When the vitamin-rich harvest comes in you will be able to crow over your neighbour who let his yard remain grass-covered and useless.

Detailed information regarding the planting of a vegetable garden will be available in the near future. Write to the Western Division Health League of Canada, 111 Avenue Road, Toronto, for a copy of our authoritative free Vitamin Chart.

Amateur Gardeners

Urged to Grow At Least Enough For Own Needs

M. B. Davis of the central experimental farm has listed eight vegetables which are likely to be scarce for the duration. He urged amateur gardeners to plant Victory gardens this year to meet their own needs.

The vegetables, as outlined to the Ontario Horticultural Association at Toronto by Mr. Davis, are potatoes, carrots, cabbages, tomatoes, onions, beans, green peas, and sweet corn.

Cucumbers, radishes, beets, and squash also should be planted. He said the Dominion government has not encouraged Victory gardens until now, because it was felt that commercial growers could handle all demands.

A dam still used in Tunisia was constructed in 1622.

ALL-BRAN TAUGHT ME SOMETHING ABOUT CONSTIPATION

When you're busy as most of us are, working to help win the war, it's doubly important to know what ALL-BRAN can do to relieve the cause of constipation due to the lack of the right amount of "bulk" in the diet. It's a "better way" than forcing yourself to take purgatives that offer only temporary relief.

Eat ALL-BRAN every morning. That's the simple way to keep regular. NATURALLY! Enjoy it as a cereal or in muffins... drink plenty of water... and see what it does for you! Buy ALL-BRAN at your grocer's, sold in two convenient sizes. Made by Kellogg's in London, Canada.



Roll your owners! go for Ogden's

Indians on the prairies never discovered the use of wheels. But old-timers cottoned on to Ogden's. They soon discovered it to be a distinctive blend of choice, ripe tobaccos... the answer to a roll-your-owner's prayer. Try it today.

Ogden's quality for pipe smokers, too, in Ogden's Cut Plug



Good Work Carried On

Scriptures Free To Men And Women Of The Armed Forces

We are asked to remind the public that today, as they have since 1804 the British and Foreign Bible Society is seeing it that the Scriptures are made available to Armed and Auxiliary forces of friend and foe alike, without price.

Perhaps an extract from a letter we received gives the story more clearly, so far as Canadian troops are concerned. Here it is:

"Every man and woman in His Majesty's forces is entitled to a pocket copy of the New Testament and the Psalms if she or he will ask his or her Chaplain for it. 453,000 of these neat pocket copies have been supplied to the Chaplains by the British and Foreign Bible Society at a cost to the society of over \$60,000, but many in the services have not asked their Chaplains for their copy. "In many cases, they have been given only to those going overseas while it is the purpose to supply one to every member of His Majesty's forces. The society would be grateful to those reading this article if they would co-operate, so that this part of God's Word be part of the kit of every man and woman serving the country in this war."

HOME SERVICE

'FEET-WATCHER' AT DANCE SHOULD PRACTICE AT HOME

Diagram Shows Change Step

Watching her partner's feet, as if that would help at this point! Even the simple dance step needs a little home practise—and how a man hates a partner who does her "learning" on the dance floor.

See how simply the diagram in our sketch shows the Change Step? Counting a slow fox-trot ONE-and-two, (1) step forward quickly on your left foot, (AND) quickly bring right foot forward even with left, rising to balls of both feet, (2) step back slowly on left.

You easily follow your partner's lead into this and other smart variations if you keep simple and responsive, step a second after he does. Our 32-page booklet shows, with clear diagrams and instructions, how to do all the smart steps. Send 15c in coins for your copy of "How to Do The Newest Dance Steps and Variations" to Home Service Dept., Winnipeg Newspaper Union, 175 McDermot Ave. E., Winnipeg, Man. Be sure to write plainly your name, address, and the name of booklet.

USING CELLOPHANE

Frozen eggs are now being packaged in cellophane, with an outer overcoat of cardboard as a further contribution to the metal saving program. Commercial shipment of Canadian dried-eggs are being forwarded to Britain in 14-pound packages.

SWINE DISEASES

Worms Thrive When Animal Resistance Is Reduced By Other Causes

This is the fifth of a series of six articles by Dr. R. S. Provincial, provincial veterinarian, Regina, dealing with the more prevalent diseases of swine. The remaining articles—Anemia, Lice and Fleas, and the appendix—will be published in the next issue. The series is published by: Hemorrhagic Septicemia, Swine Typhus, Pig Dysentery, Mange and Diarrhea, Enteritis, Erysipelas.

Young pigs which are raised under good sanitary conditions and are kept in a healthy thrifty state seldom become heavily infested with worms. Worms, like all other parasites, seem to thrive on animals which have had their resistance reduced from other causes. Adult swine are rarely heavily infested by worms, but usually harbour a few of these parasites. The common round worm "ascaris" is the only parasite which infests hogs to any great extent in this province. This worm is from six to ten inches in length, about the size of a small pencil in diameter, tapering off to a point at each end. It is found chiefly infesting the small intestine.

In order to realize the damage done to the host by these parasites, something of its life cycle should be known. The female worm lays eggs in the intestine which are passed out with the droppings. On reaching the ground the eggs develop favorably, and in a few days the young worms are ready to hatch.

Worm eggs which fail to pass through the digestive process are harmless to pigs. If the eggs are then consumed by swine they pass in the stool, and the cycle is repeated. These small worms are passed out with the droppings. On reaching the ground the eggs develop favorably, and in a few days the young worms are ready to hatch.

Worms which enter the lungs finally enter the air passages, where they create an irritation causing the pigs to cough. Coughing brings the worms up to the back part of the throat where they are again swallowed and develop into adult worms in the small intestine. After reaching the small intestine, it requires from eight to ten weeks before they reach sexual maturity and begin to lay eggs.

In heavily infested swine both lungs and liver are permanently damaged by the passage of the small worms, which in some cases may be responsible for the unthriftiness of swine heavily infested with worms.

Symptoms: A persistent husky cough is the chief symptom, together with loss of appetite. When infestation is heavy, unthriftiness with a variable appetite will be noted. Pigs usually pass the worms in their droppings.

Treatment: A comparatively new drug called Phenothiazine is proving effective for the removal of the worms in swine. This treatment has the advantage of being easy to administer. It is readily consumed when mixed with feed and should be given in a wet mash without any previous starving. Pure Phenothiazine can be given in the following doses:

Pigs—40 to 75 lbs. ... 1/2 an ounce
— 75 to 100 lbs. ... 3/4 an ounce
— 100 to 150 lbs. ... 1 ounce
— 150 lbs. and up ... 2 ounces

One treatment with this drug is considered to be 70% effective, and by repeating the treatment in two weeks, practically all worms will be removed. Pigs treated with Phenothiazine will usually pass red or purple urine for a period of thirty-six hours after treatment.

Prevention: Worm eggs are very resistant to disinfectants, but are readily destroyed by hot water, or scalding, therefore the following method of destroying worm-eggs is recommended. Prepare farrowing pens by removing all manure from the floors, walls, rails, troughs, etc. Thoroughly scald all parts of the pen with a liberal amount of very hot water containing at least two table-spoonsful of lye to a pail of water. A few days before farrowing, brush off the sow and wash the udder and teats with warm water and soap and dry thoroughly, then move the sow into the clean pen. In ten to ten days after farrowing, the sow and litter should be moved to a clean pasture away from the barn yard. Keep the young pigs on clean pasture until they are fourteen weeks old, when they will be fairly resistant to worms, provided they are kept in a healthy thriving condition. During winter when pigs must be kept indoors, pens should be cleaned daily, and thorough scalding of the entire pen with hot water and lye should be carried out every fourteen to eighteen days. The treatment of sows for the removal of worms at the start of pregnancy would be fairly effective in controlling worms proved they were kept on clean ground following the treatment.

COULD BE ELIMINATED

"Noise is noise at any time" is the slogan of newspapers urging a campaign for noise reduction. Municipal authorities have enforced rules which cut down night-time clamor by 60 per cent, but have done nothing about daylight clamor. Eighty per cent of the day-noises could be eliminated, newspapers claim.

War Savings stamps can quickly grow into War Savings certificates. Buy them regularly!

Scratching

For quick relief from itching of eczema, psoriasis, athlete's foot, warts, scabies, rashes and other externally caused skin troubles, use fast-acting, cooling, anti-itching, liquid D. D. D. Prescription. Granules, ointment, Soother Tablets and quickly stop itching. Itching. See trial bottle given in money back. Ask your druggist today for D. D. D. FINEST LUBRICATION.



Has Her Memories

Centenarian Living In Ontario Recalls Early Days In Canada

Memories of nearly a century ago still burn for Mrs. John G. Tuford of Vlneland, near St. Catharines, Ont. Those were days, recalls Mrs. Tuford, who is 100 years old, when Canada began to take her place as a busy infant in the family of nations of the world; days when floors were of sand instead of sanded hardwood, and the hearth furnished heat for the bake kettles as well as warmth for the family. She remembers seven generations of her own.

Girls of her day, says Mrs. Tuford, would load a spinning wheel on to a wagon and drive from the home of one settler to another, spinning for hire wherever they could. No time clocks gauged the hours of toil, and women were glad to receive 25 cents for a day's toil, while husbands, brothers, fathers or sons labored from dawn to dusk in the fields for 50 cents.

Amusements then, reminisces the centenarian, were quilting parties and singing and spelling bees, and no one worried about food rationing. As winter approached hogs were slaughtered and smoked and pickled, sauerkraut put down, fruits and vegetables canned and with a sack or two of flour, a few other staples and a cow in the barn, the family felt secure until spring brought her bounty again.

GEMS OF THOUGHT

SYMPATHY

There never was any heart truly great and generous that was not also tender and compassionate.—South. All sympathy not consistent with acknowledged virtue is but disguised selfishness.—Coleridge.

More helpful than all wisdom or counsel is one draught of simple human pity that will not forsake us.—George Eliot.

Infinitely greater than human pity, is divine Love,—that cannot be unmerciful.—Mary Baker Eddy.

A helping word to one in trouble is often like a switch on a railroad track—an inch between wreck and smooth-rolling prosperity.—H. W. Beecher.

Let us cherish sympathy. It prepares the mind for receiving the impressions of virtue; and without it there can be no true politeness.—Beattie.

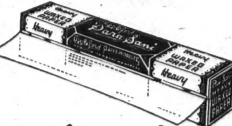
Relieves distress from MONTHLY FEMALE WEAKNESS

Lydia E. Pinkham's Vegetable Compound not only helps relieve monthly pain but also weak, nervous feelings—due to monthly functional disturbances. It helps build resistance against distress of "dainty days." Made in Canada.



with Para-Sani

MAKE SURE YOUR MEATS, VEGETABLES AND GREENS ARE WELL WRAPPED OR COVERED WITH PARA-SANI, BEFORE THEY ARE PUT INTO THE REFRIGERATOR. PARA-SANI PREVENTS THEM FROM DRYING OUT AND RETAINS THEIR FLAVOUR AND FRESHNESS.



Para-Sani

HEAVY WAXED PAPER IN THE GREEN BOX IS THE FAVORITE OF HOUSEWIVES IN EVERY PART OF THE DOMINION.

Appleford PAPER PRODUCTS LIMITED
HAMILTON • TORONTO • MONTREAL

"Give a man a better breakfast and he'll do a better war job!"

HELP CANADA KEEP FIT

NABISCO SHREDDED WHEAT

Our Nutrition Authorities advise eating a whole grain cereal every day. Nabisco Shredded Wheat is a whole grain cereal—100% whole wheat with all the bran and wheat germ.

It's ready-cooked, ready to eat, and equally delicious with hot or cold milk. For better breakfasts, serve Nabisco Shredded Wheat—regularly.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.
Niagara Falls, Canada

MADE IN CANADA
OF CANADIAN WHEAT

SANDS OF HAZARD

By J. B. RYAN

CHAPTER X

ANDRE RIBBOTT, whatever the cause for his discomfiture, recovered quickly. He returned Ismeddin's cold glance with a calm smile. "I thought you would be detained in argument with the Spaniards for the right to punish Storey," he said easily. "I hardly expected Lebeau to surrender him so quickly."

"The foreigners broke jail," explained Ismeddin. "We overtook them trying to overtake you. The Spaniards, too, are out, scouring the desert for him and the girl."

Because of the menace of Lebeau, as great a threat to Ribbott and the Kahiri as to Storey and Annette, camp was broken in the cold and dark before sunrise and the sheep started on their slow march over the wastes.

It took another day to reach Bir Mazoul, the forgotten oasis across the Libyan frontier. Only a few scraggly date palms and a thickening of the halfa served as landmarks for that dreary spot on the sands.

Bir Mazoul, like Ain Safa, was classed as a place of water, but there any similarity ended. Ain Safa was a spring, with enough water to sustain a town; Bir Mazoul was not even a water-hole; the traveler had to dig in the earth to find water; the blowing sand filled in the crude well, and the next comer had to scoop out the dirt in turn.

No one lived at the Lonely Well, yet there were people under the drooping palms toward which the Kahiri and the sheep were moving. A mile away, Storey saw three dull shapes that took on the outlines of motor trucks and a motor car.

"That will be the Germans," Annette said to Storey, "sent to meet Ribbott at Bir Mazoul."

"The prisoners were unbound!" In the four nights and three days since their capture, Storey had kept his eyes peeled for a chance to escape, as, he knew, had the girl and Mohammed ibn Mulai. But they were not the prisoners of Ribbott; they were in the power of Ismeddin, and there had not been a moment, sleeping or waking, when the three had not been under the watchful guns of the Kahiri.

The small car moved out from the palms, coming to a halt before the camels of Andre Ribbott and Ismeddin, and out stepped a uniformed figure with red face and blond hair. "Well, mein freund," said the soldier, "you have arrived at last."

"Ja, Lieutenant Kolb," Andre Ribbott's German was as fluent as his French. "And if I am a bit behind schedule, the number of sheep I bring should compensate for the delay."

THE vanguard of the sheep, reaching the camels, parted like water at a rock and was flowing past toward the oasis. The gaze of the lieutenant ran over the gray tide

emerging from the cloud of the overhanging haze. "Gut," he grunted bluntly. "You have done well, mein Herr."

And then the eyes in the sun-blistered face discovered the girl and the man on the dromedary beside Ribbott. "Who are these people?" Kolb demanded sharply. "According to my information you were to use only natives here."

"They are prisoners, Herr Lieutenant. This man is an American who killed one of the Berbers. The girl—a smile appeared on Ribbott's round, dust-stained face—"I believe even you have heard of her, Lieutenant Kolb. She is Annette Fournier."

The German head jerked in surprise. "Annette Fournier?" he echoed. "The agent of De Gaulle? Herr Gott, if that is true, you shall have me for this piece of work."

"It is true," smiled Andre Ribbott. "It is true," the girl agreed scornfully. "I am Annette Fournier—Monsieur le Boche."

Lieutenant Kolb smiled, refusing to be nettled by the epithet. "The High Command will be pleased to see you, Fraulein Fournier. So famous an agent must know many secrets and have much to tell us."

The German officer re-entered his car. The milling, baa-ing sheep impeded his progress, yet he managed to reach the oasis. "Come where I am ready out of his car, striding briskly among the soldiers grouped beside the huge trucks.

"The camels' kneel," Storey murmured, glad of a chance to stretch his legs, and assisted Annette from the saddle. Mohammed ibn Mulai joined the couple. "Is there nothing we can do, sidi?" he muttered. "In the Name of the Prophet, are we to wait until they have knife or pistol at our hearts before we show fight?"

Ismeddin the Lawless touched his long rifle to the elbows of Storey and Annette. "You cannot stay here," he said briefly. "Come where my men can watch you."

The Kahiri, as Bedouins do at every halt, were grouped about the shallow well making a pile of camels' thorns preparatory to boiling water for tea. Under the urgings of the shikri's rifle, Annette and Mohammed advanced dutifully toward the gathered Berbers.

Storey followed more slowly, trying to decide whether the quivering of the automobile of Lieutenant Kolb was due to dancing heat waves or was the vibration of a running motor. The thought stopped him in his tracks. If he and his companions could get to that car—

"POOT in Himmel!" The snarling curse of Kolb cut into the speculation of Storey. The German, his face redder with anger than from sun, was striding from the trucks toward the Bedouins at the water-hole. He shouldered one of the surprised Berbers aside and, with a kick of his booted foot, scattered the little heap of burning brush.

"Get back on your camels," he roared. "You lazy swine!" roared Kolb. "We do not stop here! Round up those sheep! We are leaving this place once!"

The Kahiri fell back before the angry officer, brown hands stealing toward knives and guns. "Achtung!" snapped the lieutenant without turning his head, and bolts clicked in the rifles of the Nazi soldiers behind him. "Peace, O Fournier!" called Ismeddin, moving forward. "There is some mistake here. The Kahiri bargained only to bring the sheep from Ain Safa to Bir Mazoul."

"These sheep must be moved with out delay," Kolb and Ismeddin stood face to face. "Tell your men, O shikri, to mount their camels and return to duty."

The Kahiri do not leave the lands they know," Ismeddin retorted

stony, and turned his hard face and pale eyes on Andre Ribbott who had appeared beside the lieutenant. "The Kahiri return to their village, Sidi Ribbott. You will pay me the money on which we agreed."

"Money?" The renegade sneered into the Berber's face. "You get no money, Ismeddin. That is why I did not want you here when your men were to be told their work was only partly done. You fool, did you think I would pay all that silver you demanded?"

The hand of Kolb slid closer to the holstered gun at his waist. Ismeddin said, with cold hauteur: "I ask you once more, Sidi Ribbott, for the silver you promised me."

"You get no money, Ismeddin," Ribbott said flatly. "And whether you like it or not, you are going to move those sheep for us."

"Then, by Allah—" snarled the Berber, swinging his couched rifle toward Ribbott. The oath and the rifle were checked in breath and motion by the crack of a pistol. Ismeddin staggered and dropped at the feet of Kolb, the man who had shot him.

WITH the discharge of the automatic Jack Storey whirled. "Mohammed!" he shouted, racing toward the near-by car. His voice was drowned in the bark of guns as the waiting Germans answered the blazing weapons in the hands of the leaderless Kahiri.

Bullets splattered into the sand at the feet of the running American and drilled a tattoo on the metal frame of the automobile as he flung himself into the driver's seat, gripping the wheel and kicking the clutch and accelerator in almost the same motion.

The car leaped forward, slewing crazily in the sand. Sheep, fleeing the noise of the embattled oasis, sprang from Storey's path. The American circled back, peering anxiously through the confusion of running figures.

The girl and the shepherd were nowhere to be seen. And then, only seconds too late, Storey saw a shape roaring down upon him—one of the great trucks, a metal battering-ram whose head was an enormous foot-wide bumper.

Desperately Storey clawed the wheel, but did not entirely avoid the armored truck. The ponderous bumper sheared like a knife through fender and hood, lopping off a wheel as it passed.

Storey's car rocked, but did not overturn. There was a jolt as the broken axle drove deep into the sand. Miraculously, the motor was uninjured, and in three wheels, jerking like a maimed animal, the automobile lurched forward.

Then, like a falling hammer, a second truck plowed into the crippled car, and the world of Jack Storey became a universe of shattering glass, twisting steel—and blackness.

The driver of the truck backed away, the wreckage just as a tongue of flame flickered somewhere within the crumpled car. The sight of the fire, the wreckage, the car, the back his own machine even farther. A figure flew over the ground and Mohammed ibn Mulai was transfixed at the battered door of the motionless car.

Somewhat, the shepherd got the jammed door open. Flame licked at his hands as he gripped the shoulder of Storey and hauled the body of his friend out of the car.

Mohammed had acted just in time. The creeping fire seemed to explode as the Arab staggered clear with his mangled, smoldering body. The wreckage was enveloped in a white blaze. The shepherd knelt, depositing the body of Storey on the sand. It was then that Andre Ribbott reached the scene. The renegade was still running when the girl in his hand spoke twice, sending a bullet into the body of the kneeling Mohammed and the second lung into the quiet form of the American.

(To Be Continued)

SELECTED RECIPES

Sponge Method For Making Four Loaves Of White Bread

4 tablespoons sugar
4 tablespoons butter or lard (melted)
4 teaspoons salt (1½ tablespoons) (sifted)
4 cups sifted flour
1 Royal Yeast cake
4 cups warm water, or milk or potato water

In the evening soak yeast cake in lukewarm liquid and dissolve sugar in same. Sift salt with flour and add to the liquid. Beat well. Mix in melted shortening and beat again. Cover and allow to rise in warm place overnight.

This is the sponge. In the morning add 6 cups sifted flour and knead on board to a dough which does not stick. Cover well and allow to rise until doubled in bulk. Roll gently, cut, and place moulded loaves in well greased pans. Cover and allow to rise until dough reaches top of pans.

Bake in moderate oven and cool before storing away.

Improve Your Health by Correcting Sluggish KIDNEYS

This Way is Swift, Economical

Few conditions can wreck your health faster than disordered kidneys and inflamed bladder. Your back aches lamely. You have red lights. You suffer leg cramps and rheumatic pains. When these things happen your kidneys need to be flushing out acids and poisonous wastes that are undermining your health. Give them this help—quickly—with GOLD MEDAL Haemion Oil Capsules.

GOLD MEDAL Capsules contain accurately measured amounts of the original and genuine Haemion Oil (Dutch origin) and are absolutely safe at the way they relieve clogged kidneys and inflamed bladder.

Go to your druggist now and get a 40c box. Be sure you ask for GOLD MEDAL Haemion Oil Capsules.

SMILE AWHILE

The chaplain preached a forceful sermon on the Ten Commandments. One private went away in a serious mood, but eventually brightened up. "Anyway," he said, "I have never made a graven image."

First Father: "I don't know what to do about my son. He wants to be a racing motorist."

Second Father: "Well, whatever you do, don't stand in his way."

Doctor (examining throat): "Say a-ah."

Tony: "I ho spicka da Inglesah."

Friend: "Now, Janie, why do you pass on every secret that is told to you?"

Janie: "That's easy to answer. I have only two views of a secret—either it is too good to keep, or it isn't worth keeping."

Colonel: "Don't you know that you have to salute an officer?"

Raw Recruit: "Yes, sir. But if ye remember, I've afore said good mornin' to ye once today."

Teacher: "Johnny, who was Anne Boleyn?"

Johnny: "Anne Boleyn was a flat iron."

Teacher: "What on earth do you mean?"

Johnny: "Well, it says in the history book, 'Henry, having disposed of Catherine, pressed his suit with Anne Boleyn.'"

Magistrate: "You cannot drive now for two years, for you're a danger to pedestrians."

Defendant: "But your honor, my living depends on it."

Magistrate: "So does theirs."

Mrs. X: "Does your husband talk in his sleep?"

Mrs. Y: "No, and it's very exasperating. He just grins."

"Your advertisement said that this room had a heavenly outlook," complained a new tenant.

"Well, and ain't it got a skylight?" said the landlady.

"When I took Brown's mowder back, he swore at me over that missing screw."

"We can't have that sort of thing, dear! You must borrow the vicar's next time."

HOW TO PREVENT MANY COLDS From Developing

Quick—Put a Few Drops of Vicks Vapo-nol up your nose at the first sniffle, sneeze or sign of catching cold and let its stimulating action aid Nature.

VICKS VAPOR-NOL

OUR CROSSWORD PUZZLE No. 4817

11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65

HORIZONTAL
1 Brittle
2 White-blossomed plant
3 Black-and-yellow bird
4 Greek theatre
5 Six
6 Sparrow hawk
7 East-Indian head-tree
8 Symbol for calcium
9 Steeple
10 Pierced garment
11 European fish
12 Indian mulberry
13 Law: things
14 Alphabet
15 Greek letter
16 In fiction, one of either
17 Bulgarian coin
18 English river
19 Hypothetical force
20 To weaken
21 To expire
22 Guardians
23 To weaken
24 Artificial language

VERTICAL
1 Baby's bed
2 Japanese measure
3 Butterflies
4 To strike
5 South American country
6 To finish
7 Mine entrance
8 Monkey
9 Behold!
10 Forefather
11 Egg
12 Down-heard
13 Tale
14 Colloquial: horse
15 Female ruff
16 Split pulse
17 Fish
18 Having a beard
19 To finish
20 Guided
21 Obtained
22 Control of
23 Poetic: nightfall
24 Paid notices
25 Dutch commune
26 Organ of smell
27 Exclamation of disgust
28 Period of time
29 Masculine name
30 Slator (abbr.)
31 Back
32 Girl's name
33 Ditty
34 Scandinavian place
35 migan
36 Being
37 Also
38 Sun god
39 Conjunction

Tobacco Parcels to PRISONERS OF WAR



POST FREE

All communications with prisoners of war (no matter in what country they may be held) are under the supervision of the International Red Cross. Any parcels sent to prisoners of war, go through this organization and NO POSTAGE IS REQUIRED. This means that you can send

300 CIGARETTES FOR 76¢

to any prisoner of war. You may send any one of the following brands for this price:

"BRITISH CONSOLS," "LEGION," "SCOTCH BLENDS," "EXPORT" or "MACDONALD'S MENTHOL,"

or if you wish, one pound of tobacco—BRIER SMOKING or any MACDONALD'S CIGARETTE TOBACCO (with papers) also DAILY MAIL cigarette tobacco.

1,000 cigarettes—any one of the above brands—may be sent under the same conditions for \$1.90

When sending in your order, please be sure to give the following information: Regimental number, prisoner of war number, rank and name, camp and also the name and address of sender.

Remittance must be made by postal note or money order and sent to PRISONERS OF WAR DEPARTMENT

W. C. MACDONALD INC.
P. O. Box 1929, Place d'Armes, Montreal, Canada

GARDEN NOTES

Vegetables May Be Short
All vegetable authorities are warning that shortages are possible. Consumption, due to greatly increased employment in the war factories, has been going ahead by leaps and bounds. The vegetable gardens on the outskirts of the big cities are getting smaller because it is so difficult to get help.

Hot Beds
When a large number of early plants are needed, these can be started from seed in a hot bed. Before the outdoor garden is ready. It consists of a bed of fresh horse manure, which supplies the heat, about 18 inches deep. On this two or three inches of soil is placed and after the bed has heated up and then cooled down again (a matter of three or four days) the seed is sown in rows a few inches apart. The bed is protected by rough boarding along the side and on top, and sloping towards the South about 10 to 18 inches above the bed is placed a window sash with all glass intact. On warm days this is lifted a few inches for ventilation.

When the plants have developed their second set of leaves they are thinned out and before being transplanted outside they are hardened in a cold frame which is simply a hot bed without any heating material.

Flowers To Fit
There are flower gardens that fit almost any situation. For those people who have neither the time nor inclination there are plenty of annual flowers that thrive almost on neglect. A little digging of the ground in late spring is about all that is required. Take such things as asters, dwarf marigolds, portulaca and California poppies for edging. These are little flowers that almost need no attention. They grow out weeds, do well in any location, but prefer sun and light soil. Once started they will look after themselves.

For the centre of beds or near the back, larger flowers such as callendula, nasturtium, poppy and phlox will make a good showing, and for screens, castor beans, dahlias, cosmos, sunflower, tall marigold are advised.

For scent, especially in the evening, a few nicotiana, carnations, mignonette or stocks will perfume the whole garden.

FIRST BLACKOUT IN 1913
The little town of St. Michaels, Md., on the eastern shore of Chesapeake Bay underwent a blackout recently, but it was not its first one. Back in 1913 when a British attacking force came up the bay, the town had its first blackout. Residents put out all lights, and hung lanterns in treestops. As a result, the British gunners overshot their mark and the town escaped damage.

Your country needs your money NOW. You will need it in the future. Buy War Savings certificates.

Thaddeus Fairbanks invented the platform scale at St. Johnsbury, Vt., in 1830. 2506

THE CORN SYRUP with the Delicious Flavour

A pure, wholesome sweet that's always a treat

If your grocer is temporarily out of stock, this delicious Syrup is worth waiting for. At present the demand sometimes exceeds the much larger quantity now being produced, because many thousands of Canadian housewives have joined the great host of "Crown Brand" users.

THE NEW 3 1/2 LB. GLASS BOTTLE

CROWN BRAND SYRUP

The Canada Starch Company, Limited

MR. ISAAC P. BOOTH can now walk around like a boy. He had severe rheumatic pain and constipation caused by an inactive liver. Fruit-a-dine made him completely well. Back up your line with Fruit-a-dine's Canada's Largest Selling Liver Tablets.

SPRING HOSIERY

COTTON HOSE

A good hose for everyday wear. Good combed cotton yarns with four-ply heel and toe. All sizes. Priced at

Per pair **25c**

RAYON AND COTTON HOSE

Rayon yarns faced on good combed cotton. This hose comes in good colors and has a pleasing appearance. Will give good service. All sizes. Priced at

Per pair **39c**

SILK LISLE HOSE

"Somerset" quality fine two thread lisle hose. Good tops, good colors. Four-ply heel and toe. A dressy lisle hose. All sizes.

Per pair **49c**

CREPE HOSE

Wear Well crepe hose made from rayon and bemberry yarns. A good dress hose for a reasonable price.

Per pair **79c**

CAMPUS HOSE

A line that arrived too late for last summer. This makes this summer's sockie stocks at the absolute minimum for this summer. Buy campus hose now for spring and early summer wear. Wear Well and Mercury brand. All sizes at present. Priced at, per pair —

39c 49c 59c

Grocery Department

CHICK STARTER

Use "Vigor" chickstarter for healthy chicks. This starter is highly charged with fish oil for vitamins. Raise all your chicks.

10 lb. sacks **49c** 100 lb. sacks **3.95**

SMOKE SALT

Buy these easy to use products for a perfect cure.

HABACURE, 5 pound size **95c**

HABACURE, 10 pound size **1.75**

OLD HICKORY, 10 pound size **1.19**

WESTMINSTER TOILET TISSUE

Soft tissue, large rolls, 4 for **25c**

KELLOGG'S CORN FLAKES

2 large packets and free glass for **25c**

MAPLE LEAF TOILET SOAP

5 bars for **25c**

SOUP

Clarks pea or celery soup, 3 tins for **25c**

Van Camps tomato soup, 3 tins for **29c**

J. C. McFarland Co.

IRMA

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ALBERTA

A.F.U. Notes

At long last the farmers of Canada are learning to speak, and have begun to speak in the only language that modern society understands, the language of one organized voice.

That voice is known as the "Federation of Agriculture." Although this dominion-wide federation is only seven years old, the unity it has achieved amongst the farmers of all provinces and all branches of agriculture. The fairness and reasonableness of its stand on important issues, and the effectiveness of its program to date have won for it a recognition and respect that establishes it as no small factor in our national life. But its biggest task lies ahead for responsibility must always go hand in hand with leadership and opportunity.

In the years ahead and particularly in the post-war reconstruction period we believe the Federation of Agriculture will have the opportunity to play a vital role, a role which will largely

decide for our generation the status of the farmer and his family in our national economy, and a role which can take a hand in deciding the shape of things to come for this dominion as a whole.

The one outstanding point of this war is co-operation. The umbrella protection of the air force, the tank co-operation with the infantry, and the navy protection of the convoys. Then we are continually being reminded of the splendid co-operation of the home front in war loan, Red Cross and various war relief funds. So why not co-operation among farmers, the vital food front. We have been so long without umbrella protection.

Now is the time to organize and build our local A.F.U. into a strong and real worthwhile organization. The buggy days are over and the days of individual effort are passing into history.

Our success as a farming industry depends entirely on how successful we are as co-operators. Also the solving of post-war agriculture problems will depend on how much we co-operate now. "Food for Victory."

TRAVEL BY BUS

Here's how you can help with our Nation's Transportation problem:

1. Travel on Tuesdays and Thursdays instead of on crowded week-ends.
2. Avoid travelling on holidays during the rush season.
3. If you are sometimes inconvenienced, smile it off as a contribution to winning the war.
4. Consult your Agent or Driver for travel information.

Sunburst Motor Coaches Ltd.

LOCALS

Mr. and Mrs. Martin Enger were in Edmonton this week on business.

For instructions of filling out ration cards for canning sugar see the ad in this paper.

Water started running in all directions this week and it looks like spring is on the way.

Arrangements are being made to have the children in the district vaccinated and inoculated.

An error in the list of knitting done by the Victory Volunteer Workers should read that 112 pairs of socks were knitted instead of 12.

All wool for knitting was furnished by Irma branch of the Red Cross.

The Roseberry Junior Red Cross held a whist drive, dance and bazaar on March 12. They realized a sum of \$28.00 which will be divided between the Crippled Children's Hospital at Calgary and the Canadian Red Cross.

The lucky ticket on the rug, drawn by Miss Florence Whitley, was won by Mr. Bill Crabb. The Roseberry Juniors wish to thank all those who helped to make their effort a success.

Born, to Mr. and Mrs. Wilfred Lihto (formerly Miss Hazel Nicol of Irma), on March 10, at the Athabasca hospital, a son, Gordon Russell.

Henry Kasten, Jr., former Irma high school student, who is attending Alberta University, won a \$50.00 scholarship for finishing high school with an average of over 85 in all subjects.

The postponed L.O.B.A. whist drive will be held in Hedley's hall on Saturday, evening, March 27.

Mrs. Wm. Matheson of Edmonton visited her son Frank, this week.

Mrs. Ross McFarland and Mrs. Wilfred Sanders had the nerve racking experience of being in the train wreck near Tofield last week. Fortunately they both escaped injury.

Notice

Owing to the fact that Mr. Peterson has sold the land formerly occupied by the Irma Perennial Gardens, it is necessary that all plants remaining in this garden be sold and moved this spring. They are being offered at greatly reduced prices while they last. This is absolutely your last chance to get some of this high class stock.

See or write to Mrs. Arthur Peterson or Mr. J. H. Peterson, Irma.

Maple Leaf Identifies New C.N.R. Box Cars

The new 40-ton all-steel freight cars of the Canadian National Railways are decorated with a maple leaf and the slogan "Serves All Canada."

The conventional box car red has been retained and the red has been extended to trucks, wheels and all underslung equipment previously painted black. The maple leaf stands out in white. The C.N.R. has 1,100 of these cars on order.

M.D. of MINBURN DONATES \$1000.00 TO RED CROSS

At their recent meeting the council of the M.D. of Minburn, No. 453 voted the sum of \$1000.00 to the Red Cross campaign for funds. This sum has been prorated for the towns of Ranfurly, Innisfree, Minburn, Mannville, Viking, Kinsella and Irma to assist in the quotas for these points. The donation is most generous and goes to a most needy cause.

Want Ads

WANTED—Tractor, 15 to 20 drawbar H.P., suitable for field work. What have you? Apply Seth Oldham, box 302, Wainwright. 12-26c

LOST—One feather weight Black Cat scoop shovel No. 10 between Hawkins corner and Irma. Reward for recovery. Finder please leave at Times office, Irma. 26-2p

PURVIS & LOGAN
Barristers and Solicitors
Irma Phone: No 37
At Irma every second and fourth Friday of each month

SHIPPING HOGS
Every Tuesday and Wednesday up to 1 o'clock p.m.
Starting Car Every Week
HIGHER PRICES PAID
O. A. Lovig, Irma

HOW TO FILL OUT YOUR APPLICATION FOR CANNING SUGAR

This year housewives must estimate in advance the amount of sugar required for canning and jam-making, so that arrangements may be made to provide and distribute the necessary supplies. Applications must be sent in to your Local Ration Board by April 15th. Use the application in your new Ration Book for this purpose.

Canning sugar will be allowed for all fresh fruits, including citron and wild fruits. Marrow, tomatoes and pumpkins are considered as vegetables and no canning sugar will be allowed for them.

— HOW TO FIGURE OUT THE AMOUNT OF SUGAR NEEDED —

CANNING

Allow 1/2 lb. of sugar for each quart sealer.

Estimate the TOTAL number of quart sealers you plan to put up — then use the quick, practical method of allowing 1/2 lb. of sugar for each quart sealer. Don't try and decide exactly the number of each kind of fruit you plan to put up. Some fruits may be more plentiful than others. Base your estimates on the number of sealers you have on hand, what you put up last year, or what you think your needs will be this year.



Your completed application must be sent to your Local Ration Board by

JAM OR JELLY MAKING

Allow 1 1/2 lbs. of sugar for each quart of jam or jelly.

Most people use jars of various shapes and sizes. Take a number of the jars you usually use and see how many cups of water they hold. Four (4) cups make a quart. In this way you will be able to estimate the number of quarts of jam or jelly your jars will hold. Then allow 1 1/2 lbs. of sugar per quart for your requirements. For example, for 8 quarts of jam or jelly, you will require 12 lbs. of sugar.

Estimates based on these methods are within the canning sugar ration, and the amounts are satisfactory for wartime canning and jam and jelly making, as proven by test in the Dominion Department of Agriculture experimental kitchens.

Study this example

APPLICATION FOR CANNING SUGAR

NAME: MRS. JOHN JONES
ADDRESS: 60 CENTREVILLE, ONTARIO
CITY: G. 7542
COUNTY: G. 7542
I hereby declare that the above is a true and correct statement of the number of quart sealers I have on hand, and I am entitled to receive the amount of sugar specified in the application.

Signed: *Mrs. John Jones*
Date: 1943

Mrs. Jones has decided that her canning programme will be 40 quarts of fruit of different kinds. She allows one-half pound of sugar for each quart, and therefore will need 80 pounds of sugar for canning. She decides that she will put up 6 quarts of jam and jelly. She allows 1 1/2 pounds of sugar for each quart of jam, and therefore will need 9 pounds of sugar for jam and jelly-making.

She adds the two amounts of sugar together (80 + 9) and writes the total (89 pounds) on her application, together with the number of persons she intends to feed in her own household. To her own fully completed application form she attaches the application forms of the other persons in her household she is planning to feed. Only the individual serial numbers need be given on these accompanying application forms.

In estimating your canning and jam-making requirements, storage space should be carefully considered. Poor storage may cause spoilage and waste. Canned fruit should be kept in

IMPORTANT NOTE

The Dominion Department of Agriculture recommends canning fruit in preference to making jam or jelly because:

More fruit can be put up with less sugar and at less cost.

Canned fruit retains more of the vitamin value of the fresh fruit.

WHEN AND HOW CANNING SUGAR WILL BE MADE AVAILABLE

When your Local Ration Board has reviewed your application you will be provided, sometime before June 1st, with special canning sugar coupons. These coupons will entitle you to buy sugar, at any grocery store, at specified intervals. You do not have to buy all your sugar at once.

COMPLETE AND SEND IN YOUR APPLICATION BEFORE APRIL 15

Complete your application form as shown in the illustration and mail it to your Local Ration Board not later than April 15th. Attach the application forms from the ration books of the other persons you will be feeding in your household. Do not write anything but the serial numbers of the owners on these other forms. Simply copy the serial numbers from the front of their ration books on to their application forms and pin them to your own fully completed application.

a cool, dry, dark place. Don't use canned fruits on your table when fresh fruits are available. Plan to use your home-canned fruits in the winter months only.

Remember—False Statements are Subject to the Full Penalty of the Law

RATION ADMINISTRATION

THE WARTIME PRICES AND TRADE BOARD

CANADA NEEDS 40 MILLION POUNDS OF FAT

HERE IS YOUR SECRET WEAPON



AND HELP SMASH THE AXIS!

The next time you are frying or roasting something, just imagine the satisfaction it would give you to pour that hot fat right down the back of Adolph, Tojo or Benito.

You can even do better than that. Fat makes glycerine, and glycerine makes high explosives to sink their submarines, destroy their aeroplanes and tanks. Bones produce fat, also glue for war industry.

Every spoonful of dripping, every ounce of scrap fat, and every bone, cooked, uncooked or dry, must be saved. Strain all drippings through an ordinary strainer into a clean wide-mouthed can. When you have collected a pound or more of fat drippings take it to your meat dealer who will pay you the established price for the dripping and the scrap fat. Or you can dispose of them through any Municipal or Salvage Committee collection system. THE EFFECT in your community.

You can be a munition maker right in your own kitchen. So—every day, this easy way, keep working for Victory by saving every drop of fat dripping, every piece of scrap fat, and every bone.

This campaign is for the duration.

DEPARTMENT OF NATIONAL WAR SERVICES
NATIONAL SALVAGE DIVISION